

Resources for Healing after a Suicide Loss



Losing a loved one to suicide is an intensely painful experience, often magnified by feelings of guilt, shame, and confusion. This brief list of resources, compiled by a parent who lost an adult child to suicide, is shared with the hope of offering some support during this difficult time. Please note it is not comprehensive, but we hope it helps you and your family.

WEBSITES:


American Foundation for Suicide Prevention offers:


- [Support groups](#)
- [Personal Support](#)
- [Walks & Events](#)
- [Booklet for children & teens](#)
- [Resource and Healing Guide](#)
- [Books for loss survivors](#)

Emotions Matter, a non-profit organization that provides support, education, and advocacy for people impacted by BPD.


- [Loss support groups](#) for individuals who lost someone with BPD
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PODCASTS:


 Charlie Swenson podcast: *To Hell and Back*
Episodes 96, 97, 99, 100, 105.


 Megan Devine podcast: *Here After*
[@refugeingrief](#)


BOOKS:

 Jordan, Jack and Baugher, Bob (2016).
After Suicide Loss, Coping with your Grief


 Cacciatore, Joanne and Rubin Jeffrey
(2017). *Bearing the Unbearable: Love, Loss,
and the Heartbreaking Path of Grief*

 Bruell, Jenny & Harry (2023). *The After
Journey*

 Maisel, Ivan (2021). *I Keep Trying to Catch
His Eye: A Memoir of Loss, Grief, and Love*

 Haig, Matt (2015). *Reasons to Stay Alive*

MOVIES:

 *Rabbit Hole*, a film by John Cameron
Mitchell (2011).

IN CASE OF EMERGENCY

988 is now the three-digit number for the National Suicide Prevention Lifeline, connecting callers, texters, or chatters to trained counselors. The previous Lifeline number is still active for those in crisis.